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Review Article

### Ayurveda Management of *KAMPA VATA* ( PARKINSONISM )

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#### ABSTRACT-

Degenerative disorders are common in Indian population. Parkinsonism is a degenerative disorder of nervous system. It usually occurs in middle and old age. Akinesia, rigidity, tremors, masked and expressionless facies and Cesar gait are usually seen clinical features in Parkinsonism. The clinical features which can correlated with this disease in *Ayurveda* is *Kampavata* , a *vataja nanatmaja vyadhi*. According to modern sciences, there will be depletion of adrenergic neurotransmitter, dopamine in

presynaptic neural endings in areas like thalamus, limbic system, substantia nigra and reticular activating system. This causes generalized symptoms like akinesia, rigidity and tremors. In US, nearly 50,000 people are diagnosed each year and half million people are living with this condition. Certain Ayurveda medicines are found useful in parkinsonism. *Kapikacchu choorna*, *lohabhraka sindoora*, *vajrabhraka sindoora*, *siddha makaradhwaja*, *hemagarbha pottali*, *vanari kalpa*, are some medications which give good results in the management of parkinsonism.

The present paper highlights the role of **Ayurvedic** medicine in the management of parkinsonism. vis a vis *Kampavata*.

**Key words:** Parkinsonism, *Kampavata*, *Ayurveda* medicine.

## INTRODUCTION:

*Ayurveda* is the science of life and aims to physical, mental and spiritual well being. *Ayurveda* is based on *tridoshaj siddhant* i.e *Vata*, *Pitta* and *Kapha*. These *doshas* are consider three pillars of body and is responsible for health and disease. When these three are in equilibrium state it maintains the health of a healthy person and when it is on imbalance state it produces disease. In *Charak Samhita* it is mentioned that if *Vata* dosha become imbalance then it produces 80 types of *Nanatmaj Vyadhi* (*Vata vyadhi*) in which *Kampavata*<sup>1</sup> is one of them. The term *kampavata* was explained for the first time in the text *Basavarajeeyam*<sup>2</sup> It is associated with the symptoms like *Kampha*,

*sthamba* and *chestasanga*. Parkinsonism is a degenerative brain disorder which is occurring due to reduced *catcholamines* especially *dopamine* in the brain. Parkinsonism is prevalent in patients consuming psychotropic drugs like *chlorpromazine*, *espazine* drugs for a prolonged period. There will be symptoms like *akinesia*, *rigidity*, *tremors*, *expressionless facies*, *starring look*, and difficulty in walking. *Depression*, *insomnia*.

Certain Ayurveda medicines are successfully used in this disease. *Vanari kalpa*, *Kapikacchu*<sup>3</sup> *choorna*, *Dhanadhanayanadi kwatha*, *siddha makaradhwaja*, and *hemagarbha pottali* are few medications which are commonly used in this disease.

*Pancha karma* procedures like *sarvanga abhyanga*, *sarvanga sweda*, *matra basti*, *pratimarsha nasya*, *marsha nasya*, *shiro dhara*, *shiro basti*, and *shirolepa* are useful in the management of parkinsonism<sup>4</sup>. Daily walking and moderate excersize are advised in this disease. Pranayama and yogasanas with diet therapy and pathyapathya prayoga is found effective in parkinsonism.

### AIMS AND OBJECTIVES:

1. To study the etiopathogenesis of *Kampa vata* and Parkinsonism
2. To evaluate the role of *Ayurveda* in the treatment of Parkinsonism .

### MATERIALS AND METHODS:

#### Material :

Relevant literature is referred in *Samhitas*, *Sangraha granthas*, journals, and internet and contemporary literature along with personal experiences.

#### Methodology

#### Review study.

#### Sign and symptoms<sup>5</sup> :-

The word *Kampavata* means the disorder of impaired *Vata*, in which the prime clinical manifestation is *Kampa*. The sign and symptoms given in various *Ayurveda samhitas* are:-

- 1)- *Kampa*( Tremors)
- 2)- *Sthamba* (Rigidity)
- 3)- *Vibandha*(Constipation)
- 4)- *Kshinamati*(Dementia)
- 5)- *Smirthihani*(Loss of Memory)
- 6)- *Cheatasanga*(Loss of body movement)
- 7)- *Vakavikriti* ( Loss of speech)
- 8)- *Avanamana*( Flexion posture)

*Kampavata* correlated with Parkinson's disease which is *Dhatukshyaja Vatavydhi*, No satisfactory treatment is seen in contemporary system of medicine. So a multi-modality treatment like *Panchkarma* procedures and *Ayurvedic medicines* is needed for the treatment of this disease.

*Ayurveda* medicines used in the management of *Kampavata* are having following actions and properties:- .

**Table-1 Properties of medicine used in the management of *Kamapvata***

<i>Nadibalya</i>	<i>Balya</i>
<i>Rasayana</i>	<i>Brimhana</i>
<i>Medhya</i>	<i>Ojaskara</i>
<i>Buddhivardhaka</i>	<i>Antioxident</i>
<i>Antistress</i>	<i>Poshaka</i>
<i>Adaptogenic</i>	<i>Nutritive</i>
<i>Memory booster</i>	<i>Nerve regenerator</i>
<i>Adrenergic</i>	<i>Dipana</i>
<i>Pachana</i>	<i>Sramsana</i>
<i>Malavatanulomana</i>	<i>Immunomodulator</i>
<i>Madhura rasayukta</i>	<i>Snigdha</i>
<i>Katurasayukta</i>	<i>Vayasthapanana</i>

Table 2-Panchkarma procedures used in the management of *Kamapvata*

<i>Snehana – with bahya and abhyantara</i>	<i>Virechana</i>
<i>Swedana</i>	<i>Nasya – marsha and pratimarsha</i>
<i>Basti –Matrabasti</i> <i>Kashaya basti</i> <i>Yapana basti</i> <i>Anuvasana basti</i>	

Table-3 List of drugs and their specific action.

Action	Drugs
<i>Nadibalya</i>	<ol style="list-style-type: none"> <li>1. <i>Vishatinduka vati</i></li> <li>2. <i>Ashwagandharishta</i></li> <li>3. <i>Ashwagandha rasayana</i></li> <li>4. <i>Ksheerabala taila</i></li> <li>5. <i>Prabhanjana vimardana taila</i></li> <li>6. <i>Kapikacchu choorna</i></li> <li>7. <i>Vanari kalpa</i></li> </ol>
<i>Nervine tonic</i>	<ol style="list-style-type: none"> <li>1. <i>Goksheera</i></li> <li>2. <i>Goghrita</i></li> <li>3. <i>Ashta ksheera</i></li> <li>4. <i>Bramhi ghrita</i></li> <li>5. <i>Mandooka parni swarasa</i></li> <li>6. <i>Ashwagandha choorna</i></li> </ol>

<b>Rasayana</b>	<ol style="list-style-type: none"> <li>1. <i>Balarishta</i></li> <li>2. <i>Ashwagandharishta</i></li> <li>3. <i>Ashwagandhava lehya</i></li> <li>4. <i>Bhallataka vati</i></li> <li>5. <i>Shatavari rasayana</i><sup>6</sup></li> </ol>
<b>Medhya</b>	<ol style="list-style-type: none"> <li>1. <i>Shankhapushpi syrup</i></li> <li>2. <i>Ashwagandha choorna</i></li> <li>3. <i>Guduchi kashaya</i><sup>7</sup></li> <li>4. <i>Yashtimadhu choorna</i></li> <li>5. <i>Goghrita</i></li> </ol>
<b>Buddhivardhaka</b>	<ol style="list-style-type: none"> <li>1. <i>Kooshmandavaleha</i><sup>8</sup></li> <li>2. <i>Bramhi ghrita</i></li> <li>3. <i>Medhya vati</i></li> <li>4. <i>Shatavari guda</i></li> <li>5. <i>Vacha choorna</i></li> </ol>
<b>Antistress</b>	<ol style="list-style-type: none"> <li>1. <i>Shatavari mandoora</i></li> <li>2. <i>Kooshmanda rasayana</i></li> <li>3. <i>Ashwagandharishta</i></li> <li>4. <i>Balarishta</i></li> <li>5. <i>Balamoola choorna</i></li> <li>6. <i>Jatamamsi choorna</i></li> <li>7. <i>Tagara tablets</i></li> </ol>
<b>Adaptogenic</b>	<ol style="list-style-type: none"> <li>1. <i>Ashwagandha paka</i></li> <li>2. <i>Balarishta</i></li> <li>3. <i>Shatavari guda</i></li> <li>4. <i>Guduchi kashaya</i></li> </ol>

<b>Memory booster</b>	<ol style="list-style-type: none"> <li>1. <i>Kooshmandavaleha</i></li> <li>2. <i>Shankhapushpi syrup</i></li> <li>3. <i>Saraswatarishta with gold</i></li> <li>4. <i>Swarna bhasma</i></li> <li>5. <i>vacha</i></li> <li>6. <i>Bramhi ghrita</i></li> <li>7. <i>Smriti sagara rasa</i></li> </ol>
<b>Adrenergic</b>	<ol style="list-style-type: none"> <li>1. <i>Kapikacchu choorna</i></li> <li>2. <i>Siddha makaradhwaja</i></li> <li>3. <i>Makaradhwaja</i></li> <li>4. <i>Naga bhasma</i></li> <li>5. <i>Vanari kalpa</i></li> </ol>
<b>Balya and Brimhana</b>	<ol style="list-style-type: none"> <li>1. <i>Goghrita</i></li> <li>2. <i>Mamsa rasa</i></li> <li>3. <i>Kukkutanda</i></li> <li>4. <i>Ajamamsa rasayana</i></li> <li>5. <i>Kharjoorasava</i></li> <li>6. <i>Dry fruits</i></li> </ol>
<b>Ojaskara</b>	<ol style="list-style-type: none"> <li>1. <i>Makaradhwaja</i></li> <li>2. <i>Siddha makaradhwaja</i></li> <li>3. <i>Goksheera</i></li> <li>4. <i>Goghrita</i></li> <li>5. <i>Masha nirmita ahara kalpa</i></li> <li>6. <i>Ashtavarga kashaya</i></li> <li>7. <i>Vidarikanda choorna</i></li> <li>8. <i>Varahi kanda choorna</i></li> </ol>

	<ol style="list-style-type: none"> <li>9. <i>Snigdha ahara</i></li> <li>10. <i>Madhura rasayukta ahara</i></li> </ol>
<b>Antioxident</b>	<ol style="list-style-type: none"> <li>1. <i>Medohara guggulu</i></li> <li>2. <i>Amritadi guggulu</i></li> <li>3. <i>Visha tinduka vati</i></li> </ol>
<b>Poshaka</b> , <b>Nutritive</b>	<ol style="list-style-type: none"> <li>1. <i>Kukkutanda</i></li> <li>2. <i>Ajamamsa rasayana</i></li> <li>3. <i>Mamsa rasa</i></li> <li>4. <i>Mahisha majja</i></li> <li>5. <i>Kooshmandavaleha</i></li> <li>6. <i>Shatavari rasayana</i></li> </ol>
<b>Neuroregenerative</b>	<ol style="list-style-type: none"> <li>1. <i>Navajivana rasa</i></li> <li>2. <i>Yogendra rasa</i></li> <li>3. <i>Brihat vata chintamani</i></li> <li>4. <i>Swarna malini vasantha</i></li> <li>5. <i>Vasanta kusumakara rasa</i></li> <li>6. <i>Ekanga veera rasa</i></li> <li>7. <i>Rasa raja rasa</i></li> <li>8. <i>Saraswatarishta with gold</i></li> </ol>
<b>Virechana</b>	<ol style="list-style-type: none"> <li>1. <i>Triphala tablets</i></li> <li>2. <i>Triphala kashaya</i></li> <li>3. <i>Shatsakara choorna</i></li> <li>4. <i>Trivrit leha</i></li> <li>5. <i>Abhayarishta</i></li> </ol>



<b><i>Snehana (Bahya )</i></b>	<ol style="list-style-type: none"> <li>1. <i>Abhyanga with vatahara taila</i></li> <li>2. <i>Shirobasti</i></li> <li>3. <i>Shirodhara</i></li> <li>4. <i>Shiro lepa</i></li> <li>5. <i>Shiropichu</i></li> </ol>
<b><i>Snehana (Abhyantara)</i></b>	<ol style="list-style-type: none"> <li>1. <i>Maha narayana taila</i></li> <li>2. <i>Ghrita</i></li> <li>3. <i>Maha masha taila</i></li> <li>4. <i>Dhanvantara taila</i></li> <li>5. <i>Ksheera bala taila</i></li> </ol>
<b><i>Swedana</i></b>	<ol style="list-style-type: none"> <li>1. <i>Shashtika shali pinda sweda</i></li> <li>2. <i>Kayaseka</i></li> <li>3. <i>Pizichil</i></li> <li>4. <i>Sarvanga sweda</i></li> </ol>
<b><i>Dipana</i></b>	<ol style="list-style-type: none"> <li>1. <i>Trikatu choorna</i></li> <li>2. <i>Lashuna ksheera paka</i></li> <li>3. <i>Shunthi ksheera paka</i></li> <li>4. <i>Pancha kola Kashaya</i></li> </ol>
<b><i>Pachana</i></b>	<ol style="list-style-type: none"> <li>1. <i>Hingwashtaka choorna</i></li> <li>2. <i>Lavana bhaskara choorna</i></li> <li>3. <i>Lashunadi vati</i></li> </ol>
<b><i>Malavatanulomana</i></b>	<ol style="list-style-type: none"> <li>1. <i>Abhayarishta</i></li> <li>2. <i>Triphala kashaya</i></li> <li>3. <i>Dantyarishta</i></li> <li>4. <i>icchabhedi rasa</i></li> <li>5. <i>Abhayadi modaka</i></li> </ol>

<b>Madhura rasayukta</b>	<ol style="list-style-type: none"> <li>1. Kooshmanda rasayana</li> <li>2. Shatavari guda</li> <li>3. Ashwagandhadi rasayana</li> <li>4. Balarishta</li> <li>5. Ashwagandharishta</li> </ol>
<b>Sramsana</b>	<ol style="list-style-type: none"> <li>1. Triphala kwatha</li> <li>2. Trivrit leha</li> </ol>
<b>Nasya</b>	<ol style="list-style-type: none"> <li>1. Pratimarsha</li> <li>2. Marsha</li> <li>3. Dhmapana</li> </ol>
<b>Vayasthapana</b>	<ol style="list-style-type: none"> <li>1. Amalaki choorna</li> <li>2. Guduchi kashaya</li> <li>3. Triphala kwatha</li> </ol>
<b>Immunomodulator</b>	<ol style="list-style-type: none"> <li>1. Guduchi Kashaya</li> <li>2. Amalaki choorna</li> <li>3. Chyavana prashavaleha</li> <li>4. Amritarishta</li> </ol>
<b>Snigdha</b>	<ol style="list-style-type: none"> <li>1. Goghrita</li> <li>2. Narikela taila</li> <li>3. Bramhi ghrita</li> <li>4. Panchagavya ghrita</li> </ol>
<b>Katurasayukta</b>	<ol style="list-style-type: none"> <li>1. Trikatu choorna</li> <li>2. Ardraka ksheera paka</li> <li>3. Pancha kolasava</li> </ol>

## DISCUSSION:

Three *doshas* are considered as three pillars of the body and when they are in equilibrium state they maintain the health of a healthy person and when they are on imbalance state they produce disease. In *Charak Samhita*<sup>9</sup> it is mentioned that if *Vata dosha* become imbalance then it produces 80 types of *Nanatmaj Vyadhi* (*Vata vyadhi*) in which *Kampavata* is one of them. In *Kampavata Avarana of Vata* and *dhatukshaya* are the chief pathological processes with the symptoms like *Kampha*, *sthamba* and *chestasanga* which is closely correlated with the Parkinsonism. Parkinsonism is a degenerative disorder where there will be depletion of catecholamines in the presynaptic cleft of regions in the brain like limbic system, thalamus, substantia nigra and reticular activating system. It is usually presented with akinesia, tremors and rigidity.

Ayurveda drugs and formulations and *panchakarma* procedures are found useful in parkinsonism. Ayurveda treatment for this condition is mainly based on the treatment of unbalanced *Vata*. Ayurveda provides such patient with its miraculous treatment of *Panchkarma* and *Shamana Chikitsa*, *Charaka* has stressed on *Srotoshuddhi*, *Vatanulomana* and *Rasayana* in general management of *Avarana*. For the first time *Vangasena Samhita*, stated the principles of the treatment of *Kampavata*. It clearly mentioned that, *Abhyanga*, *Swedana*, *Nasya*, *Niruha*, *Anuvasana*, *Virechana* and *Shirobasti* are the useful measures that relieve the symptoms like tremors, rigidity etc and can increase the life expectancy of the patient.

## CONCLUSION:

1. Parkinsonism is a degenerative nerve disorder which can be treated by Ayurveda medicine.
2. Parkinson's disease can be clinically compared with *Kampavata*
3. According to Ayurveda *Panchkarma* procedures such as *Abyanga*, *Swedana*, *Nasya*, *Shirobasti*, *Matrabasti*, *Yapana basti*, *Vyudhi pratyanka aushadhi prayoga*, use of

*Pathyapathya, Rasayana and Nadibalya drugs* are found useful in the management of Parkinsonism..

4. However there is moderate relief by Ayurveda treatment in parkinsonism

5. During treatment, Associated conditions like diabetes mellitus, hypertension, and Ischemic heart disease should be properly monitored by modern medicine wherever necessary to get good result



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